

MICHELLE CEDERBERG

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Live Out Loud



- ▶ Life Balance Strategist
- ▶ Fitness Motivation Expert
- ▶ International Speaker

But I've Never Climbed Everest! *Success Notes from a Recovering Small Thinker*

*KEYNOTE

Success is a personal journey that shouldn't be measured against the accomplishments of others. **You are meant to be whatever you dream of becoming** regardless of what those around you might think, or the barriers that you have put up for yourself. Michelle defines 'the small thinker' using humorous personal examples, and then helps you 'Find Your Own Everest' through practical 'start small' strategies. Michelle shares her ordinary success story to shed some light on why we put up barriers to getting to where we really want to be. You'll relate to the stories of her day-to-day struggles, and laugh at her honest look at fear, motivation, and in the end...**empowerment**. The most accomplished world adventurers, company CEO's, artists, writers, and entrepreneurs all started small... **so what's stopping you?**

Book MICHELLE CEDERBERG...

*As a recognized life balance strategist and fitness motivation expert Michelle motivates her audiences to take realistic steps toward more of the things we all want – achievable **life balance**, time for **fitness**, heightened **stress 'defense'**, and the energy and confidence they bring!*

*To find out how to **hire Michelle** to speak for your organization, please contact her through the information below!*



Balance for REAL People

A realistic and humorous approach to getting more time, energy and enjoyment out of life!

